

Meeting the guidelines for physical activity* (Calculated Variable)?
Kentucky BRFSS 2001

Geographic Groups	Total Respond.#	Meets recommendation for physical activity			Insufficiently active			Physically inactive		
		N	%	C.I.(95%)	N	%	C.I.(95%)	N	%	C.I.(95%)
TOTAL	6933	1813	28.9	(27.3-30.5)	2542	37.9	(36.2-39.6)	2578	33.2	(31.6-34.8)
ADDs										
Barren River	490	140	32.2	(27.4-37.4)	183	36.1	(31.4-41.0)	167	31.7	(27.3-36.5)
Big Sandy	400	81	23.0	(18.2-28.6)	125	31.1	(26.1-36.5)	194	45.9	(40.4-51.6)
Bluegrass	485	145	31.3	(26.5-36.5)	194	41.3	(36.1-46.7)	146	27.3	(22.8-32.4)
Buffalo Trace	390	92	32.7	(20.6-47.8)	136	29.3	(22.5-37.2)	162	38.0	(29.5-47.3)
Cumberland Valley	430	95	23.0	(18.7-28.0)	158	35.3	(30.3-40.7)	177	41.6	(36.4-47.1)
FIVCO	515	113	22.3	(18.4-26.7)	211	40.0	(35.2-45.1)	191	37.7	(32.8-42.8)
Gateway	538	155	34.1	(27.7-41.1)	190	31.3	(26.6-36.4)	193	34.6	(29.3-40.3)
Green River	384	87	25.6	(20.5-31.5)	144	38.9	(33.4-44.7)	153	35.5	(30.4-41.0)
Kentucky River	440	94	20.8	(16.7-25.7)	152	37.7	(32.4-43.3)	194	41.5	(36.2-47.0)
KIPDA	526	164	29.9	(25.6-34.5)	204	40.5	(35.7-45.4)	158	29.7	(25.3-34.4)
Lake Cumberland	445	101	24.9	(20.4-30.2)	158	36.5	(31.5-42.0)	186	38.5	(33.6-43.7)
Lincoln Trail	463	139	31.0	(26.4-36.0)	166	35.2	(30.5-40.2)	158	33.8	(29.1-38.9)
Northern Kentucky	520	153	30.6	(26.2-35.4)	198	37.2	(32.7-42.0)	169	32.2	(27.9-36.9)
Pennyrile	401	118	30.0	(25.2-35.3)	142	37.7	(32.4-43.4)	141	32.2	(27.3-37.6)
Purchase	506	136	29.6	(25.1-34.5)	181	34.6	(30.1-39.4)	189	35.8	(31.2-40.6)

Meeting the guidelines for physical activity: Moderate physical activity for 30 or more minutes a day 5 or more days a week or vigorous activity for 20 or more minutes per day three or more days per week.

Insufficiently active: Moderate physical activity for less than 30 minutes a day or less than five days a week or vigorous activity for less than 20 minutes per day or less than three days per week.

Physically inactive: No moderate or vigorous physical activity or less than ten minutes per week of moderate or vigorous physical activity.

#Use caution in interpreting data for total respondents less than 50. N = Cell Size, NH = Non-Hispanic, %

= Percentage, C.I.(95%) = Confidence Interval (at 95 percent probability level).

Percentages are weighted to population characteristics.

Unless stated differently above, Missing, 'Don't know', and Refused responses are excluded.